



Sailors with Cool cars ...

Enter contest to win free oil change, a free lunch at the Mirage Club, or Bowling Ctr. See pg. 7



and Auto technicians make it easier for Sailors at Auto Hobby Shop pg. 6



Vincennes Grads

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El Centro Mayor proclaims day after retired Sailor

By JO1 Carmichael Yopez
Editor

Aviation Structural Mechanic (AW) 1st Class Petty Officer Agustin Saldana, a native of El Centro, CA retired after 20 years of honorable service during a retirement ceremony at the Mirage Club on base, on Friday, July 1st.

Saldana's final duty station was at Naval Weapons Center in

Point Mugu, where he was originally scheduled to retire. Due to operational commitments his squadron was going to be deployed during his retirement, so he arranged to serve his last two months at Strike Fighter Wing Pacific Maintenance Unit in El Centro to be surrounded by family and friends at his

Continued on pg. 2

These stories and more plus:



From 41 to 76 USS Midway and USS Ronald Reagan arrive in San Diego to stay



Find out how to prevent Heat Stress Injuries

Watch out for the following symptoms:

Flushed and reddened complexion
Extreme perspiration
Dizziness
Light-headedness
Nausea
Black-outs
Signs of Heat Stroke . . .
Clammy skin with no perspiration
White or pale complexion
Light-headedness
Nausea
Black-outs
Shallow breathing
Shock symptoms
Heart and/or breathing stoppage and death ... See pg. 12





City Mayor declares July 1, "Petty Officer Agustin Saldana Day"

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ceremony.

At first, hardly anybody knew Saldana at NAF, but within a couple of weeks he became quite familiar as he arranged the final touches for his ceremony.

"Most of you don't even know me, granted a lot of you were told to be here," said Saldana as the audience burst into a big laugh at his ceremony. "But I am thankful to see a lot of people here."

With broken words and contagious tears he described some of the hardships that go along with being a Sailor.

"I've only been a real dad for the last two months," said Saldana. "But thank God I'm here today, because some folks

that are fighting for freedom don't come back like my friend Cpl. Eric Silva. He attended my wedding and I am going to miss him a lot."

"Putting in 20 years of service is quite an accomplishment," said El Centro City Mayor Ray Castillo, who described Saldana as a genuine Sailor and a Good Samaritan.

"Agui as I like to call him is one of those guys who always pulls over to help someone on the road. He is a very good man and I admire him very much for that," said Castillo. "Congratulations on your 20 years in the Navy and thank you and all the military for all you have done for our country."

Before the ceremony



Photo By: JO1 Carmichael Yepez

Strike Fighter Senior Chief William Moore presented Mrs. Luoisia Saldana with a Certificate of Appreciation for her support to her husband. With them are their two children Jacob 2, and Hannah 5.

concluded, the Mayor read a proclamation.

"I herby declare July 1st as Petty Officer Agustin Saldana Day in the City of El Centro."

With disbelief and a big grin on his face, Saldana looked at the proclamation then shook the Mayor's hand, who by the way, happens to be his father-in-law.

Tips to keep your pets safe in the heat

By **MA2 Capri Griffith**
Security Dept.

These are the hottest months of the year, so the Security Department would like to provide you with a few safety tips to ensure your animals are safe and happy. Animals are smart but they sometimes can be hard to understand. They can't tell you what they are thinking or what they need, so you have to learn how to keep your animals safe.

1. Watch for heat stroke. Signs include rapid panting, dazed look, and hot skin. If you suspect your pet is suffering from heat exhaustion, place them in cool-not (cold-water) and wrap a damp towel around your pet. Heat exhaustion is a true medical emergency. Your pet needs immediate veterinary care.

2. Never leave your pet in a parked car for even one minute. Even if you park in the shade and crack the



Photo By: JO1 Carmichael Yepez

Five year old Jacob Coronado and his dog Scout prefer to stay in the shade on hot days.

windows open, the temperature inside of your car can reach dangerous levels within minutes and can cause heatstroke and death for your pet.

3. Always provide plenty of fresh water. If you take your pet for walks, bring a supply of water with you.

4. Watch for hot pavement and sand. Paws are easily burned by these hot surfaces.

5. Do not exercise during the hottest part of the day. This could also lead to heatstroke. Remember, start

exercising slowly to reduce the chance of injury (this applies to both owners and pets).

6. If your dog stays outside, provide a cool, shady spot for them to relax in. Provide indoor dogs a place with good air circulation or air conditioning.

7. Beware of what chemicals and fertilizers you apply to your lawn and gardens. These may be poisonous to pets and children. Either keep pets and children out of the area or use treatments that are safe.

8. Pets get sunburned, too. Limit your pet's exposure to the sun. Sunburn is painful and can cause serious complications.

9. Does your dog love to chase bees and eat every crawling insect? Watch for bites and stings. Bites and stings tend to be around the mouth or head area. If your dog is allergic to the bite, it may cause swelling and restrict breathing. If you think your dog has been stung, seek medical treatment immediately.

For more information go to eastvalleyanimalclinic.com or you may contact MA2 Griffith at 339-

The Sandpaper is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

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West Apron receives \$4.3 Million upgrade

Mount Signal recreated on base

By JO1 Carmichael Yopez
Editor

For the past few weeks the big Tonka-like trucks and bulldozers on the West end of the runway along hangars four and five have been digging, hauling and dumping dirt and concrete creating a big mountain resembling one of Imperial Valley's best known icons, Mount Signal.

The monster trucks and construction equipment are working on a \$4.3 million construction project to repair the west apron aircraft-parking ramp. The upgraded construction will allow for NAF El Centro to handle bigger aircraft like the Air Force Galaxy C-5 cargo transport aircraft, which can carry six times the cargo of a Hercules C-130.

According to LCDR Nelson Wells, Public Works Officer, the older sections that are in worst shape will be replaced.

"Many of the sections are cracked and show a lot of deterioration," said Wells. Those sections will be taken out and replaced with a thicker and high strength concrete.

As the base grew bigger, the apron was built in sections at a time and this is the reason only the older sections need repair.

The Baldi Brothers construction company is doing the project, which includes setting up a rock crushing construction plant to recycle the old concrete and re-using it to make the new mix.

"The sections being torn out are 8 inches or less thick," said Wells. "The new concrete has a



Photos By: JO1 Carmichael Yopez

stronger mix and will be 12 inches thick in order to meet the current Department of Defense (DoD) Standards."

The project is scheduled for completion in November of this

year. Future projects include the construction of four new hangars on the west apron that will replace the old ones built in the 1940's that are no longer capable to accommodate today's aircraft.



Freedom Fest 2004

By MA1 (FMF) Jeffrey Stephens
Security Department

The Military was out in full force at this year's Freedom Fest celebration at Imperial Valley College on Sunday, July 4th.

Sailors from Naval Air Facility El Centro were part of the ceremony, which has been described as one of the best Freedom Fest celebrations yet. Strike Fighter had their A-6 intruder aircraft on display, Fire Department had a truck on display, and NAF's Security Department had an information booth along with the High Mobility Multi-Purpose Wheeled Vehicle (Humvee).

This year's celebration honored WWII veterans. The Keynote speaker was Commanding Officer, Captain Paul Ziegler, who spoke about the navy's mission and it's continuing battle in the War on Terrorism.

The fireworks portion of the evening began with the loud bang of a 4-cannon salute to our nation's independence. The celebration concluded with a fascinating display of fireworks that lit off to the beat of traditional patriotic music and contemporary songs. It was definitely one of the best 4th of July fireworks displays I have ever seen.

Summer Energy Efficiency Tips

By Ensign Jerry Kao
Planning Officer

1. Report all leaky faucets and toilets to the trouble desk
2. Turn off all lights not in use
3. Shut all doors and windows properly

4. Turn off all equipment at the end of the day
 5. Report faulty or ineffective air conditioning
- KBR trouble desk number is 339-2204





Sea Cadets assist Chamber at Ice Cream Social

By ABF2 (AW) Robert Chiaravallotti
Sea Cadet Executive Officer

On Thursday, July 22nd, the El Centro Chamber of Commerce held its annual Ice Cream social

in downtown El Centro where local businesses and various community organizations gathered to enjoy an evening of cold Ice Cream.



Photo By: ABF2 Robert Chiaravallotti

The Desert Eagle Sea Cadet Squadron from NAF set out to lend a helping hand at the event. Through out the evening, the cadets kept busy setting up tables, delivering baked goods, cold drinks and emptying trash receptacles. When things settled down, the Cadets set out to recruit new Desert Eagles. At the end of the evening the cadets concluded their volunteer work by doing what Sailors like to call a "F.O.D. Walk down".

"I had a great time helping out," said 16-year-old Cadet Pete Alaniz. "I learned a great deal about community service and volunteer work."

"We were very impressed on how well the Cadets looked in their uniforms," mentioned several members of the community at the event. "We thought it was wonderful to see these young adults representing and helping out their community."

If you are a young adult who would like to participate in community events and be part of the Desert Eagle Sea Cadets and are between the ages of thirteen to seventeen call Sea Cadet Instructor, HM1 Francisco Castellano at 339-2626 or Sea Cadet Executive Officer ABF2 Robert Chiaravallotti at 339-2521.

While taking a break, cadets Jennifer Mejia and Victoria Lira hand out pamphlets to recruit new cadets at the Ice Cream Social in downtown El Centro

Army Looking for a few good Sailors

By NC1 Pamela Jensen
Command Career Counselor

If you are currently serving in the Air Force or Navy and anticipate honorable discharge from active duty soon, Operation Blue to Green offers you some alternatives to civilian life. Participation in Operation Blue to Green is dependent upon your service's willingness to release you from your current active duty obligation. Marines and Coast Guardsmen may obtain releases in order to reserve training/assignment options, but will have to complete their current active duty service obligation prior to enlisting in the Army.

Operation Blue to Green will allow you to continue to serve your country, to maintain the benefits of military service, and to expand your horizons by gaining new training and trying new things. It facilitates the transfer of qualified individuals from the Air Force, Navy, Marines or Coast Guard to active duty

in the Army. Transfer to the Army Reserve or Army National Guard is also possible.

Benefits include:

- * E-1 through E-4 will retain the same rank.
- * Applicants in the grade of E-5 will have eligibility determined by Human Resources Command.
- * Choice of jobs - if Army has a job comparable to your current job or the possibility to train in a new Military Occupational Specialty (MOS).
- * Bonuses available for selected Military Occupational Specialties.
- * Abbreviated training in basic combat skills. Air Force and Navy will be required to attend basic training. (The Army is currently developing a four-week course in Basic Combat Skills. This course will substitute for the nine-week course currently used to train Airmen, Sailors, and Coast Guardsmen enlisting in the Army.)

The program has been announced, but not all the details are complete. When program details are finalized, they will be posted here. If you provide us your email address we will contact you when new information is posted. As of 17 June 2004, this is what has been established:

Requirements:

- * Must be physically fit
- * Must meet Army height and weight standards
- * Eight-year service obligation still applies
- * Minimum term of service is three years
- * Must have approved DD Form 368

If you fill out the Operation Blue to Green Information Form (<https://www.goarmy.com/btg/snd4info.htm>), we will contact you as soon as the personnel policies are finalized. Until formal policies have been approved, Army recruiters cannot accept applications, process paperwork, or reserve training seats.

If you're interested in Operation Blue to Green, fill out this form (<https://www.goarmy.com/btg/snd4info.htm>).

How would you like to help out the Sea Cadets?

The NAF El Centro Sea Cadets are currently looking for uniform donations, especially female articles, such as dress shoes, boots, belt buckles, covers, utility jackets and dress uniforms. If you have some and would like to donate them call Sea Cadet Executive Officer Robert Chiaravallotti at 339-1521

Important Housing Notice

Trash pick-up schedule change. Starting Monday August 16, Trash pick-up days will change from Tuesday and Friday to Monday and Thursday. Recyclable items will be on Thursday.



'Walking the Beat'

By MA1 (FMF) Jeffrey Stephens
Security Dept.

You may have recently noticed some of NAF's Security patrolmen on foot. That will be more of a regular practice as they have implemented foot patrols to increase their presence in not so

common areas where vehicles cannot go.

"Our goal is to leave NAF El Centro better than we found it," said Security Officer Ensign Michael Duwel. "One way to accomplish this is to be out and about in the public eye. We want to maintain your safety and peace of mind. If you see us walking around feel free to ask us questions or give us feedback on how we are doing.

You can expect to see more patrolmen like MA3 Amber Colosky and MA3 Gloria Jemison walking through housing to have more visibility and ensure our neighborhoods are safe.

Are you wondering why you never got your mail from your last command

By YN1 Michael Martin
Admin. Dept.

I have received a few calls from people who transferred or separated over a year ago and are looking for items in the mail that were mailed here because they never filled out a change of address with the US Post Office (USPS).

A word of advise, the post office has an automated system that will automatically forward all your

mail to your new address for up to a year. All you have to do is fill out a card and give it to the mailman or drop it in any mailbox.

It is also a good idea to change your address with Department of Motor Vehicles (DMV) and notify your creditors before you leave here.

We are only able to forward first class mail (no magazines!) for 60 days. We will still forward mail

after 60 days as a courtesy, but the longer you are gone, the less you will be remembered and the more likely your mail will be returned to sender.

So remember, when you leave NAF El Centro get a change of address form from the USPS and fill it out.

One last thing don't forget to tell your grandmother and everyone else you want to receive mail



from that you are going to move. If you have any questions, call admin at 339-2695.



By NC1 Pamela Jensen
Command Career Counselor

The Navy's Nurse Corps is seeking applications for the fiscal year 2005 Medical Enlisted Commissioning Program (MECP). The selection board is scheduled for Dec. 13, 2004. MECP is a Nurse Corps commissioning program open to sailors in all ratings, who have at least 30 transferable college credits. "Eligible active-duty enlisted Sailors have an excellent opportunity through MECP to obtain a commission as a Navy Nurse," said Beverly Kemp, program manager for enlisted commissioning programs at Naval Medical Education Training Command. MECP applications must be postmarked by Oct. 1. The

Nurse Corps and LDO/CWO Applications



cutoff age for applicants is 35.

Maybe you'd rather apply for assignment as a Limited Duty Officer or a Chief Warrant Officer.

These two programs offer commissioning opportunities to qualified senior enlisted personnel. A bachelor degree is not required to apply for the program; however earning one is strongly encouraged.

What does an LDO or a CWO do? LDOs are technically oriented officers who perform duties in specific occupational fields and require strong managerial skills. To apply for LDO, a member must have between 8 and 16 years of military service and be an E7 or E8, or an E6 who is selection board eligible. The time in service requirement for

CWO is between 12 and 24 years of military service and the member must be and E7 through E9 or an E6 selected for E7. The deadline for submitting LDO and CWO packages is 1 Nov 04.

Application procedures can be found in OPNAVINST 1420.1A (Enlisted to Officer Commissioning Programs) or in NAVADMIN 155/04 (MECP) or www.bupers.navy.mil/pers211/applicants.htm





1968 Chevy Camaro How about a classic care that is as classic as the owner. The owner of this muscle car has been driving it for 21 years. Prior to that, it belonged to his wife who got it as a present from her dad to go to college.



2004 Mini CooperS "I get a lot of thumbs up," says the owner of this little sporty car, which has a futuristic interior. The car is very economical and rides as smooth as the wind.



2003 Acura RSX S This car looks like it came from the movie, "The Fast and the Furious". The owner of this car installed a body kit and has put so many upgrades to the engine.

Two of a Kind

Auto Hobby Technicians make it easier for Sailors at base Auto Hobby Shop

By MA2 Marco Vaca

Security

When it comes to cars there's no better place to hang out than the MWR Auto Hobby Shop.

Whether you're an avid mechanic, or you don't have the slightest idea on how to change the oil in your car, you have nothing to worry about thanks auto hobby shop technicians Danny Lineses and Ruben Hernandez.

Both are very experienced and are always willing to help. Lineses has been at the auto hobby shop for 20 years, through 12 C O's and considers himself a Sailor at heart. He has acquired enough certifications to cover and entire wall and says customer service is his primary objective.

Besides running the auto hobby shop, one of his other responsibilities is helping setup the annual NAF El Centro Air Show. Next year will mark his 20th one.

One of Lineses' favorite pastimes is stock car racing, so next time you're at the hobby shop don't forget to ask him about the "mud flap story" and the "drill story".

Ruben Hernandez, a local from Calexico, he is Lineses' assistant. And although he has only been at the auto hobby shop for two years he is very knowledgeable in auto-mechanics. When Hernandez is not helping people on cars at the shop, he spends his time at Imperial Valley College where he is pursuing a degree in Automotive Technology. Most recently he received a divisional award for outstanding achievement at Imperial Valley College.

"Learn as much as you can," said Hernandez. "That is my philosophy."

"I think they are great



"We are here to help you out," says Auto Hobby Shop Technicians Danny Lineses and Ruben Hernandez. "Whether its answering questions or giving you a little hand, we can handle just about any problem you have."

mechanics," said Celi Gomez from NAF's Administration department. "The auto hobby shop is very convenient and their prices are even better. They have repaired my alternator, the thermostat and changed the oil in my truck."

Hernandez says, his primary duty at the hobby shop is helping Sailors work on their vehicles and ensuring they work safely.

"They are very friendly," said DKSJ Jason Taylor from PSD, who was a regular at the auto

hobby shop before selling his old jalopy to purchase a new car. "I've been there many times and half the time a had no clue what I was doing, but thanks to Danny and Ruben, by the time I walked out of there the situation with my car was resolved and at a very inexpensive cost to my self."

"Assisting people with their cars is part of my job," said Hernandez. "I'm always available to answer questions people might have concerning their vehicles."





1969 Chevy Pickup Talk about original, when this Sailor purchased this truck five years ago he replaced the engine and the front-end keeping the truck as original as possible. Most recently it drove from Illinois to El Centro with no problem. The radio is still a tube radio. "As long as I can listen to Country music on the AM is all I care," says this Sailor.



2001 Audi TT This sports car is even faster than it looks. The Sailor who owns this vehicle has chipped it to increase its horse power from 180 to 220. You can't get more high tech than that.



2004 Toyota Matrix "I feel like a race car driver," says the owner of this car which is slick from the interior as well as the exterior.



1971 Chevy Pickup The Sailor who owns this vehicle purchased it two years ago and has already added about \$5000.00 in upgrades. I guess we can say it is a classic with a retro look.



2004 Nissan 350Z You can't get much sportier than driving a brand new red 350Z. The owner of this vehicle says it not only make him feel about 10 years younger, he also enjoys the way it handles. "It handles like a glove."



2000 Ford Expedition How many flat screen TVs do you have? The owner of this SUV has installed four of them. This includes a sound system he can probably use at a stadium. The tires and rims alone were \$ 3,500.



2004 Nissan Maxima SE This is the car to get if you like something classy and sporty at the same time. Besides the sporty look this vehicle comes with Telescopic steering, a navigation system, speed sensor steering.

2002 Yamaha R1 998 CC Talk about a cool bike this ride can go from 0 to 60 in 2.8 seconds with a top speed of 180 m.p.h.. The owner of this ride is has the matching gear that make him look one with the bike.



Photos By: JO1 Carmichael Yopez

Sailors with Cool rides

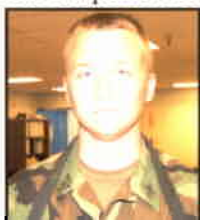
Sponsored By: MWR Auto Hobby Shop

Some of NAF's coolest cars can often be seen at the MWR Auto Hobby Shop. Some Sail-

ors take them for regular maintenance and others use the hobby shop for upgrades. Working at

the hobby shop is easy, convenient and inexpensive. If you would like the Auto Hobby Shop Technicians to do the work for you, the hourly rate is \$45, which is much cheaper than what you can expect to pay out. For information on monthly specials call the Auto Hobby Shop at 339-2689.

Tells us which ride belongs to what Sailor and receive one of the following prizes: A Free Oil Change at the Auto Hobby Shop, a Free Lunch at the Mirage Club, or a Free Lunch at the Bowling Center. Only first three participants to send the right answers will receive a prize. Must include rank, first and last name and Department. Send answers to elenpao@navy.mil



Example:
JO1 Carmichael Yopez
Public Affairs Office
1991 240 Nissan SX



Honor Guard helps Inaugurate \$44 million expansion project at Regional Medical Center

Photos By: JO1 Carmichael Yezpe

On Tuesday, July 26, the NAF El Centro Honor Guard proudly represented the Navy during a ribbon cutting ceremony to inaugurate the opening of a new Lobby and registration area at the El Centro Regional Medical Center.

"We have reached a new era for health care in the Val-



ley," said Regional Medical Center, CEO David Green. Besides the Lobby and registration area,



the new edition doubled the capacity of emergency and operating rooms.



HMI Francisco Castellanos and HMC Sal Rodriguez with members of the Honor Guard were also present to see the new medical facilities.

Dr. Flowers' 'Road Trip' Across America



By Dr. L. L. Flowers

Family Advocacy Representative

In today's fast paced world, we try to get things done as quickly as possible. Traveling across the country is seldom done by land any more. It takes too long. Besides, you can fly across the country in about five hours. You can travel to most parts of the world within a day.

The Navy has sent me to the east coast for training and conferences many times. I have enjoyed the flights and the travel. But, I wondered what I might be missing as I looked down from the skies as I flew across America.

In June, I decided to take a road trip to Charlotte, North Carolina to attend a conference. As I made the plans, many people tried to discourage me.

"Why go through that when you can fly," they would say.

The only problem I had was knowing if my car with more than 200,000 miles could make the trip across country and back. A friend suggested I take a pistol to shoot the car out of its misery when it

broke down.

As I prepared for the journey I downloaded driving directions off the Internet, did some maintenance on my car, packed my luggage, and threw in a cell phone for company.

Driving across Arizona was not new for me. It was miles of desert scenery and the city of Tucson, Az soon buzzed by. By early evening, I was in El Paso, Texas. I made my way to I-20 and suddenly found myself in a spectacular hailstorm with lots of thunder. The hail accumulated so heavy, the freeway was packed with snow.

I soon made my way to Dallas. Late at night, I realized truckers are the main occupants on the highway.

When I reached Dallas by mid morning the following day, traffic slowed to a crawl. I discovered a man in a recreational vehicle had shot two policemen. The perpetrator was still inside the RV and police were swarming the area. Two choppers were buzzing overhead for media coverage. Half a dozen

policemen had their weapons drawn pointing towards the vehicle. I never found out what happened because I was soon out of radio range before the situation was resolved.

After leaving Texas, I rushed towards Atlanta and spent the night at Dobbins Air Force Base.

I spent a couple of days in Atlanta visiting friends and taking a closer look at the area. The lush landscape was green, quite a contrast from the desert. My friend took me to a gas station where the price for gas was \$1.60 a gallon.

From Atlanta it took me four hours to Charlotte, NC where I attended the conference.

My colleagues could not believe I had driven so far.

After the conference, I made my way to Wichita, Kan. I drove through the Carolinas and through the "Smokey Mountains" of Tennessee. I enjoyed the Tennessee accent as I listened to the radio. It was raining as I passed Dollywood, Dolly Parton's theme park.

The lush greenery faded as I drove west, but the scenery was still beautiful as I reached St. Louis Mo. The famous St. Louis Arch was spectacular.

The next day, I made a final push towards Kansas where after eating lunch at a Kentucky Fried Chicken, my car began to stall as I sped onto the freeway. I coasted on the emergency lane and wondered if it was time to put my

car out of its misery.

I pulled to the side as I approached Wichita. I looked under the hood without having a clue what to look for. I did some serious praying when all of a sudden, a college student stopped to offer help. After coaxing the car for a while, it started again and I was able to make it to the metropolis of Wichita.

The car was huffing and puffing, but I wanted to reach the home of my friends. The car stalled several more times until it eventually refused to move another foot, but by then, I had made it to my friends house.

After spending some time with my friends in Wichita they referred me to a good mechanic. My car's computer had crashed. The mechanic replaced it with a salvaged one from a junk heap.

Soon it was time to say goodbye, I was ready to get back to my house. I bade farewell to my friends and their dog "Toto," and to the hundreds of miles of farms. I passed through the panhandle of Oklahoma. I also saw a bit more of Texas. Soon I was in New Mexico and back in Arizona. I saw the pines and forests of Northern Arizona change to cacti as I approached the desert floor.

It was good to return to the Southwest desert and home. The car and I survived the adventure. I had driven over 4,500 miles. It was well worth the effort to see America up close and personal.



USS Midway becomes San Diego's newest museum

By JO1 Carmichael Yopez

Editor

The aircraft carrier USS Midway, the longest serving carrier in the history of the Navy arrived to its final destination in San Diego to become a historical museum.

On June 7 it opened its decks to visitors for the first time at the Navy Pier on Harbor Drive.

The USS Midway began its career 47 years ago on Sept. 10, 1945. It was decommissioned in 1992 and received recognition for its role in every major American Conflict.



"Visiting a ship is something that all Sailors should do," said Joe Good, a retired Navy Master Chief who served four years aboard the USS Coral Sea one of three Midway class ships. "After learning some of its history you will come back with a new attitude."

For people who have never experienced what an aircraft carrier is like the USS Midway offers the opportunity to learn what life aboard a large floating city is like. Tours include an audio tour, virtual reality flight simulators, close-in weapons systems displays, at-sea refueling station displays and visitor tours with visitor information.



The Midway is open seven days a week to exclude major holidays. Visiting hours are from 10 a.m. to 5 p.m. Admission is \$13 for adults, \$10 for seniors and military members with ID. Children ages 6 to 17 pay \$7. Active Duty members in uniform and children under 6 get in free.

Above: The USS Midway arrives in San Diego. Left: With the Midway aircraft carrier museum in the foreground, USS Ronald Reagan (CVN 76), the Navy's newest Nimitz class aircraft carrier moors at its homeport of Naval Air Station North Island in San Diego. USS Ronald Reagan departed Norfolk in May and has been underway for nearly two month while traveling around the tip of South America. During the transit, the strike group conducted bilateral training and air engagement exercises with Argentina, Brazil, Chile, Peru and Uruguay in support of Summer Pulse 2004. The crew also enjoyed port visits in Rio de Janeiro, Brazil; Valparaiso, Chile and Callao, Peru. The Midway was the site for USS Ronald Reagan's homeporting gala. Photos and outline by MM2 (SW) Steven P. Smith

Sea Cadets spend a hard day at work at Naval Air Facility El Centro

By Vanessa De La Torre

Imperial Valley Press

Saturday morning was no wade in the pool for Nancy Cruz. The 16-year-old, struggling to keep afloat in the deep end, almost ran out of gas while trying to stabilize a drowning victim.

"I can't do this, I'm sorry."

"You can do this, just keep kicking ... Keep kicking ... Don't let her head down no matter what," shouted Tamie Worley, a lifeguard instructor. Cruz buckled down. She jutted her lower lip, furrowed her brow, kicked her legs, and helped stabilize the 15-year-old girl.

"Slide her, slide her, slide her! ... Good job."

Cruz, an incoming junior at Central Union High School in El Centro, then hopped out of the pool and whipped the Velcro straps off Mckaylaa Bischofs, a

fellow Sea Cadet.

"Do you still need this?" she asked Worley of the spine board. "Are we gonna do it again?" Assertive. In control. Not bad for a first-time water rescuer.

As a member of the U.S. Naval Sea Cadet program at Naval Air Facility El Centro, Cruz is in her element every training day. She likes the novelty of the various exercises — "anything new attracts my attention" — and the confidence building of "working with the person in the water and the person on the board." Her accomplished teammates.

On Saturday afternoon, at the NAF El Centro fire department, the cadets got a chance to dirty up their blues while fighting a mock blaze. Fire Engineer Dennis Robertson kept the water at a low enough

pressure "that wouldn't do us good on a real, ripplin' fire," but offered a simple warning for good measure.

"If for some ungodly reason the hose gets loose," he drawled, then grab the base of the nozzle and "put it to the ground. It will beat you to death."

Plenty of instructors are around just in case something goes awry, he quickly added, but Pete never flinched. He awaited the water from his teammates as he aimed the hose at his target. The blaze, or orange cone, was extinguished after several seconds. Cruz would get her turn at the fire hose, resulting in soaked pants and a bit of dizziness, but said the only downside to the simulated firefighting was her time at the hydrant, waiting to unleash the water. Nancy doesn't like to sit

around. For the most part she picked the right program.

After completing a 14-day boot camp at Port Hueneme and the same classes as enlisted Navy personnel, the Sea Cadets can undergo weapons training, lessons in avionics, and essentially try to emulate their heroes on "JAG."

"They don't get a filtered version of the Navy," says Marine Gunnery Sgt. Stanley Meaderds. "And they don't have to sign up like I did 20 years ago."

"There's definitely more adults here than kids," Pedro Alaniz admits.

Teens interested in the Sea Cadet corps should call 339-2928 or visit its Web site at www.seacadets.org.



NAF El Centro Fire Department joins to help fire victims

By **J01 Carmichael Yopez**
Editor

On Friday July 9, the NAF El Centro Fire Department donated a check for \$304 to the San Diego Imperial Valley Burn Institute as part of the annual "Burn Run" fundraiser.

The Burn Run is an event where fire departments throughout the region raise funds to help survivors of fires. The money is donated to the San Diego Imperial Valley Burn Institute where fire victims receive treatment. Other services include rehabilitation for people who are scared from

burns, fire prevention literature and the placement of fire detectors in homes for senior citizens.

The event takes place during the month of July and raises thousand of dollars through the sale of T-shirts and tickets to a Padres baseball game.

On the day of the event, fire trucks through out the region form a big convoy driving from fire station to fire station collecting the money donated. The run ends at Qualcomm Stadium where a big fire expo is held before the game. The pre opening ceremony is dedicated as Fire Fighter Appreciation day.

"I like to see all the different trucks that come in," said Battalion Chief David Conley. "It's a good chance for us to see many of the newest advancements in fire fighting equipment. Plus it's a lot of fun



Photos By: J01 Carmichael Yopez

NAF El Centro Executive Officer CDR Daniel Denison, Fire Chief Colin Bell and members of the NAF El Centro Fire Department presented the check for \$ 304.



at the ball park."

This year 19 fire fighters including family members attended the game where the Padres played against the Colorado Rockies.

"Its exciting to see a lot of

fire fighters in one place joining together for a good cause," said NAF El Centro's Battalion Chief Colin Bell. "There must have been 3000 fire fighters and their families that filled an entire section of the field.

Conserving Energy

By **Clara B Parrish**
Housing Director

Housing has been required to cut the cost of energy by 10 percent. In order to do this we need to use energy wisely. All of us have a responsibility to conserve energy, so we are asking you to do your part. Teach your children good energy conservation rules. If all family members comply, we will be able to cut our energy cost. The following are some tips to help conserve energy:

Your AC is the biggest energy guzzler in your home. If everyone takes steps to maintain their AC unit within the energy guidelines, our energy bill will drastically drop.

Turn your AC thermostat to 78 degrees and leave it alone. If you turn your AC thermostat up and down constantly, you are burning lots of energy and making your unit less efficient.

Change your AC filter at least once per month, twice per month if your house gets dusty easily. Clean filters helps remove dust,

airborne bacteria and viruses, smoke, and microscopic pests from your home. Your house air will be much cleaner and smell fresh. Filters are available at Housing Self-help at no cost.

Clean your return air vents at least once per month. These vents are the ones that the AC pulls the air from inside your house to recirculate. Your AC will work efficiently if your return air vents are clean.

Incandescent light bulbs create a lot of heat and use four times the energy fluorescent light bulbs use. Replace incandescent bulbs with compact fluorescent bulbs. You will discover that your house stays cooler for longer periods of time without the AC on.

Turn off lights, computer monitors, stereo or television when you leave the room.

Run the dishwasher only when you have a full load.

Make sure you adjust the water level when washing small loads of clothes.

Line or hang dry clothes when possible.

When watering your lawn, do not let water overflow and run down sidewalks or into the

street. Best watering times are late evenings through early morning (9:00 PM through 6:00 AM.) Adjust sprinklers to prevent overspray.

Wading Pools: The use of small pools is authorized in housing. However, the water must not exceed 12 inches in depth and must be emptied on a daily basis. Wading pools are to be constantly monitored by an adult during use and must not be left unattended while holding water for any length of time.

Traffic Safety: Now that summer is here and school is out there will be children out playing in housing areas. Drivers must observe the posted speed limits (15 MPH in housing areas) as children may dart unexpectedly into the street. Remember, it may be your own child you save.

Automotive Repairs: This is a reminder that due to environmental and safety concerns no automotive/vehicle maintenance is to be performed anywhere in the housing areas including carports, parking spaces, or on the street. Changing motor oil, batteries, or other automotive fluids is strictly prohibited.



Attention to Quarters

Quarters was held on Thursday July 15 at the base theater, where the



following awards were presented.

From left to right: AC3 Tiffany Warren from Operations received a Letter



of Commendation Award. Marco Cobarruvia from Safety received a 30 year Length of Service Pin, Richard Jefferson from



Supply (Fuels) was selected as Civilian of the Quarter, Fireman Earl Hutchinson received a 15 year Length of Service



Pin and Fire Chief Colin Bell received a 20 year Length of Service Pin.

Congratulations to the following Academic Tutor Volunteers at Ben Hulse Elementary

By JO1 Carmichael Yopez
Editor

Because of you, our school is a better place to learn.

You have demonstrated through your actions that one person can make a difference.

We applaud you for the time you have shared with the students of Ben Hulse Elementary School. Thank you Sailors from NAF.

This is how the students and teachers at Ben Hulse Elementary feel about some of NAF's Sailors, who have spent countless hours volunteering to tutor at their school.



During last month's quarters the following Sailors were presented with a Letter of Appreciation for their volunteer work.

From left to right back row: FC1 Robert Greenwood, MAC Phillip Burnett and

Michael Lynn.

Front row: MA2 Jose Elias and MA3 Amber Colosky. Not in the picture was also MA2 Jennifer Carlson. Keep up the good work !



Reenlisted

Congratulations to BMSN Erica Tuupo from

PSD on her reenlistment Thursday July 1.

This was a close call, Tuupo was almost about to leave the Navy, but decided to reenlist at the last moment. She reenlisted for two years.

Executive Officer



Daniel Denison was the reenlisting Officer.



Congratulations to Raul Valenzuela from the NAF El Centro Fire Department.

On Monday July 26, he was promoted to Training Officer during a small ceremony at the base fire house.

"My first goal is to get training off to a good start," said Valenzuela. "I will try to help you guys as much as possible."



Photos By: LT Rodriguez

Congratulations to our June Indoctrination Class. From left to right, MASN Robert Warren (Sec), MA3 Roy Patterson (Sec), AT2 Michael Floyd (Strike), MA1 Thomas Streeter (Sec), AM1 Alesha Burkeen (Strike) and AC2 Rachel Villaseñor, (Ops).

What have you been doing with your spare time?

Those few hours she spent hitting the books finally payed off. Pictured on the front page, ACCS Renae Morin from Operations recently received her

Associates Degree in General Studies from Vincennes University while taking evening courses on base.

It only took 63 college

credits to receive her degree. Other Sailors who received thier degree were FT1 (SS) Mathew Poulson and MA2 Michael Lynn. Congratulations !





Hot Dog Day at the Cyber Cafe

If you did not go to the Cyber Cafe on Hot Dog Day last month, don't worry about missing out. The Cyber Cafe will be having an affordable lunch-day every month on the 14, a day before pay day. This month will be Nachos and a Movie beginning at 11 a.m.



Hi I'm Dana Spalding, the Facility Manager at the Cyber Cafe. I would like to invite you to come chill out at the Cyber Cafe and see all the good things we have to offer.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Brownie Week at the Cyber Cafe Mon 2nd through Fri 6, 11:30 a.m. to 1 p.m.	2 Navy League Dinner at the Mirage 5:30 p.m.	3  Karaoke Night @ the Mirage Club 8 p.m.	4 Ladies Night @ the Mirage Club Ext 2330	5	6 Family bowling every Friday night from 6 to 10 p.m. American Graffiti (PG) 7 p.m. * Movies to be shown at Bldg. 401	7 Flying Fish Yuma Swim League finals Big Fish (PG-13) 5 p.m. One of the Hollywood Ten (R) 7 p.m.
8	9 Swim Lesson at small pool Ext. 2627	10 Karaoke Night @ the Mirage Club 8 p.m. <i>Mongolian BBQ Night at the Mirage Ext. 2330</i>	11  Ladies Night @ the Mirage Club Ext. 2330	12	13 Nacho and Movie Day at the Cyber Cafe 11 a.m. to 10 p.m. Teen night at the Bowling Ctr. Ext. 2918 Rocky 2 (PG) 7 p.m.	14 Jr. Bowling 11 a.m. to 1 p.m. Junior League Bowling Competition 10 a.m. to 2 p.m. SMAF Chicago (PG-13) 5 p.m. Slow Burn (R) 7 p.m.
15 Back to School Bowl Bowling Ext. 2575	16 Family Day Bowling Ext. 2575	17  Karaoke Night @ the Mirage Club 8 p.m.	18  Ladies Night @ the Mirage Club Ext. 2330 Mongolian BBQ Night at the Mirage Ext. 2330	19 Intro to Medicine and Stability Balls 6 a.m. to 5 p.m. at Fitness Ctr. Ext. 2488	20  Swim Lessons at Small Pool ext 2627 Who Framed Roger Rabbit (PG) 7 p.m.	21  Robin Hood Men in Tights (PG-13) 5 p.m. The Big Easy (R) 7 p.m.
22	23	24  Karaoke Night @ the Mirage Club 8 p.m.	25 Ladies Night @ the Mirage Club Ext 2330	26	27  Tootsie (PG) 7 p.m. Movies will be shown at Bldg. 401	28  Johnson Family Vacation (PG-13) 5 p.m. Honey (R) 7 p.m.
29	30	31  Karaoke Night @ the Mirage Club 8 p.m.	<ul style="list-style-type: none">* Swim Team Practice M-TH 4 to 6 p.m. at the Large Pool* Guld Rush Bike Challenge all Month at the Fitness Center Ext 2489* Paint Ball Gear Issue Ext 2486* Ice Cream now available at the Bowling Ctr* Water Aerobics & High Aerobics Daily at the Small Pool 10 to 11 a.m. Ext. 2627			
This Summer Come Chill-out With MWR						

How to stay away from Heat Stress Injuries

By **Ruben Rodriguez**
Safety Department

Signs of Heat Stress Injuries and Heat Stroke include flushed and reddened complexion, extreme perspiration, Dizziness, light-headedness, nausea, black-outs, shallow breathing, shock symptoms, heart and/or breathing stoppage and death

How to avoid heat stress injuries

1. Dress for the Environment. Wear light colored clothes.
2. Drink. Drink plenty of water often and in small amounts and avoid soft drinks and alcoholic beverages.

3. Eat right. A healthy diet helps to give you appropriate nutrients to help fight off exhaustion.
4. Wear Skin Protection when working outside.
5. Ventilation. If working in a confined space, make sure there is good ventilation and plenty of free flowing air.
6. Rest Periods. Take periodic rest breaks to allow the body time to cool off and to give tired muscles a brief break.
7. Acclimatization. If you are not used to working outdoors in high heat for a prolonged period of time, work slower until your body has had a chance to become

- acclimated to the working environment.
8. Pay Attention to Warning Signs. If you become dizzy or faint, immediately inform your supervisor. This is not a sign of weakness, or a slight on your ability to perform a job.
 9. Watch your co-workers and others for signs of a heat-stress injury.
 10. IMPORTANT SAFETY NOTE! If you suspect a heat stress illness or condition, get into



a cooler temperature environment immediately and seek immediate medical attention. Dehydration is a serious concern and can cause circulatory problems, which can result in a loss of consciousness or a heart attack.